



RECOMMENDED REPLACEMENT SCHEDULE FOR CPAP SUPPLIES

MONTHLY

Full Face cushion	1 every month
Nose Pillows/cushions	2 every month
Filters	2 every month

3 MONTHS

Mask/Headgear	1 every 3 months
Tubing	1 every 3 months

6-12 MONTHS

Water Chamber	1 every 6 months
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Some insurance plans require an authorization every 6 months in order for them to pay their portion of your supplies.

- If you have a newer CPAP machine (less than 3 years old), we can obtain your downloads online and you *do not* need to bring your machine in to your appointment.
- However, if your machine is older than 3 years, you must bring your CPAP unit in for a download.
- The download must show that you are using your CPAP machine 70% of the time.
- You should have regular CPAP appointments scheduled with your provider every 6-12 months.

TO SCHEDULE AN APPOINTMENT:

- ~ Call 585.385.6070 #2
- ~ Through our website: <https://sleepinsights.com/> or the patient portal

TO REORDER SUPPLIES:

- ~ Call 585.385.6070 #4
- ~ Through our website: <https://sleepinsights.com/> or the patient portal
- ~ Through the resupply reminder call system: MyReSupply.ResMed.com